



Vol. 24, No. 14

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October, 2016



Welcome Back!



Aberdeen Country Club News

By: Harry Seaton (Hampton)

Get ready for fantastic future happenings at the Club. ABERDEEN GOLF & COUNTRY CLUB has a new motto, "a bright future." While many of our members were away from the Club for the summer break, the entire parking area landscaping was replaced with all new palm trees, hedges and bushes and a new water structure in front of the Clubhouse. More than that, plans for 2017 call for the refurbishing of the first floor of the Clubhouse and the complete overhaul of the tennis complex that will include pickle ball. In addition, our 18-hole golf course will be contoured and made even more suitable for all golf handicap players. And would you believe that all of the foregoing will be done without the imposition of any assessment! Further information regarding the implementation of these projects will be forthcoming from the Club.

Otherwise for us at the Club the summer of 2016 has been quite quiet and serene with so many of our members away, either at their summer homes or traveling to other parts. As a result, our beautifully-maintained golf course and our 15 tennis courts were lightly used. Because the Club again obtained reciprocal dining privileges at other fine country clubs in Palm Beach County, the choices of where to dine

(continued on page 2)

Social Security Beneficiaries - Beware of Triggering an IRMAA

By: Dr. Pat Williams (author of the website profpat.com) (Muirhead)

Federal law requires some Social Security beneficiaries to pay a higher premium for their Medicare Part B and prescription drug coverages based on their income. Each year the Social Security Administration decides whether you are subject to a higher premium according to your most recent tax filing. The IRS provides the Social Security Administration with your filing status, your adjusted gross income and your tax-exempt interest income.

Social Security adds your adjusted gross income to your tax-exempt interest income to determine your modified adjusted gross income (MAGI). Your MAGI is then compared to income thresholds established by Medicare law.

If your MAGI exceeds these thresholds, you are subject to an Income Related Monthly Adjustment Amount (IRMAA). This towers the amount of your social security benefit for that year. If you do not exceed the MAGI threshold the following year, you will not trigger an IRMAA. Following is a table of the reductions to your monthly Social Security if your adjusted gross income plus your tax-exempt interest (MAGI) are above certain levels.

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SOCIAL SECURITY ... (continued from page 1)

		Monthly Reduction PART B	Monthly Reduction Prescription Drugs
If you filed as: With MAGI OF:			
Single, Head of Household or Qualifying Widow(er)	\$85,000.01-\$107,000	\$ 48.78	\$12.70
Married, filing jointly	107,000.01-160,000	121.80	32.80
	160,000.01-214,000	194.90	52.80
	More than \$214,000	268.00	72.90
Married, filing jointly	170,000.01-214,000	48.78	12.70
	214,000.01-320,000	121.80	32.80
	320,000.01-428,000	194.90	52.80
More than \$428,000		268.00	72.90
Married, filing separately	85,000.01-129,000	194.90	52.80
	More than \$129,000	268.00	72.90

What does this mean? Let's say you are married, filing jointly and your MAGI is \$170,001. Since your MAGI is over \$170,000 you trigger an IRMAA. As an example, before applying the IRMAA assume you receive \$2,000 a month in Social Security benefits. Per the chart above, after applying the IRMAA you'll be getting \$1,938.52 [(\$2,000-(\$48.78 + 12.70)]. If you had reduced your income by \$1.01 to \$169,999.99, you would have avoided these deductions and have received your full benefit of \$2,000 per month.

As a social security beneficiary, you need to be aware that one-time events such as the sale of a home or large withdrawals from an Individual Retirement Account (IRA) could trigger an IRMAA. With proper tax planning (for example, withdrawing less from your IRA, taking securities losses, etc.) you can avoid income-related reductions to your social security benefits. As the example above illustrates, a reduction in your social security benefits can be the result of just one dollar of additional income.

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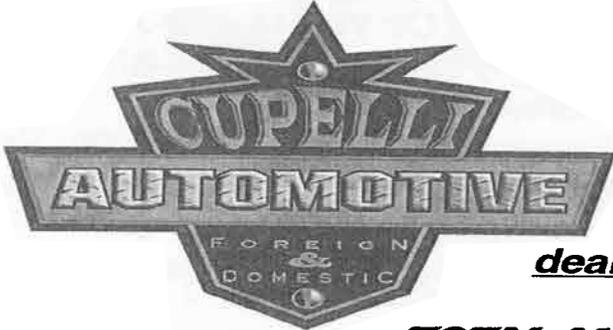
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A Community Event
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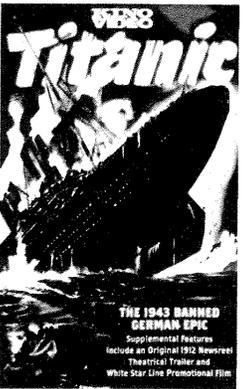
Open to all residents of
Aberdeen East and West

Guest Speaker: Dr. Robert Watson
Professor of American Studies at Lynn University, Boca Raton

Date: Sunday, November 13, 2016 at 7:00 p.m.

Cost: \$10.00 per person
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Topic: The German Titanic
Dr. Watson uncovers a maritime disaster from the British archives, seven decades ago—a ship called the German Titanic, leading to an untold and hidden World War 2 story.



TICKET SALES: OCT. 3 AND 17 - EAST CLUBHOUSE - 11 A.M. - 1 P.M.

A TRIBUTE

Luis Torres, who resided in Ashford, has been a stalwart long-time member of the Aberdeen Times Board of Directors, and a devoted contributor in his capacity as Health and Fitness editor. Many of us have benefitted by the columns with which he graced our pages month after month for many, many years. He and his wife, Sonia, have been a popular duo in every aspect of the country club lifestyle, and both of them will be sorely missed as they pursue a new chapter in their lives.

Knowing Luis for the charming, personable, friendly person he is, he will fit in wherever he goes. We hope he carries memories of us and the Times as he takes his leave. He will always have a place in our minds and hearts.

The Board of the Aberdeen Times

ACKNOWLEDGEMENT

We would like to thank all of our friends for their good wishes and thoughtful donations in memory of Terry Horn.

The Horn Family

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Sharing With Sheffield

By: Ruth Krawitz

Last year, when Passover was approaching, my eldest grandson and I were engaged in a conversation about preparations for the holiday, leading us to recall the wondrous seders his mom (my daughter) had prepared for family and friends year after year. She was an extraordinary cook and baker, and when he was around, he watched and absorbed. When she passed away three years ago, he took all of her cookbooks and assorted recipes with him to Washington, DC, where he lives and works. The memories stirred him and he decided to replicate his mother's seder for his friends (of any faith) who had no where to go. We then got into a discussion about memories and I said something to the effect that memories were the mainstay of our lives. And the wise child's answer was, "Memories are what makes us human."

What do we evoke when we have lost loved ones? When we have taken the trips that we planned forever? When we have celebrated all the important (and expensive) occasions? When we look at photographs we have not seen in a long while? When we hear a song that holds a special place in our heart? When we recall our first date ... our first crush ... our first

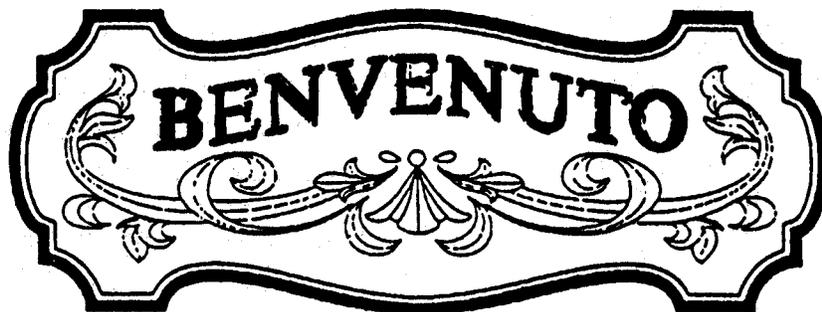
love ... our first kiss? When we recall incidents from out childhood, or school, or career, or marriage? Just consider the enormity of this phenomenon! Over and over again, we resort to our MEMORIES.

And so, this column came to be! There are literally hundreds of books and articles that have been written on the subject of memory ... how it works; how to enhance it, how it affects or interacts with the brain; how it is affected by mood, or stress or anxiety. I call that the "science of memory." My interest is more basic, more simplistic, I want to deal with "the emotion of memories."... the memories remain on the most fundamental, prevalent functions of our everyday lives. Just think, for example, of certain songs, or movies, or books that evoke memories for you (good or bad) about particular people, places or happenings.

Think of all the ordinary things that take you on trips down Memory Lane. All those photos stacked up in boxes or albums or hiding in your digital devices. Songs that you hear everywhere with lyrics that are meaningful to you. A chance meeting with an old friend or neighbor which leads to a nostalgic interchange. Food that someone dear to you made or shared with you over the years. A former boyfriend

(continued on page 7)

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SHARING WITH SHEFFIELD ... (continued from page 6)

or girlfriend comes back into your life after decades apart. The list could go on and on, because everything we do, everything we say, eventually turns into a memory. Often these memories are pleasurable; sometimes, they may be sad or even bad but they are there nevertheless, to ponder, to cherish, to take comfort from, to motivate - or to dismiss and move on.

Those of us who are blessed with healthy minds as we age are super-blessed because we are able to retain these memories. We need these memories for our ability to focus and provide balance in our lives. How could we survive the loss of a loved one, or the disappointments of life without the benefits of wonderful memories.

Interesting Memory Facts

(From the Internet)

* It does seem clear that, as a general rule, we remember emotionally charged events better than boring ones.

* Latest research suggests that it is the emotions aroused, not the personal significance of the event, that makes such events easier to remember.

* It does seem that memories are treated differently depending on whether they are associated with

pleasant emotions or unpleasant ones, and that this general rule appears to be affected by age and other individual factors. Specifically, pleasant memories appear to fade more slowly from our memory than unpleasant emotions, but among those with mild depression, unpleasant and pleasant emotions tend to fade evenly, while older adults seem to regulate their emotions better than younger people, and may encode less information that is negative.

* Emotionally charged events are remembered better

* Pleasant emotions are usually remembered better than unpleasant ones

* Positive memories contain more contextual details (which in turn, helps memory)

* Strong emotion can impair memory for less emotional events and information experienced at the same time

* It's the emotional arousal, not the importance of the information, that helps memory

* Remembering is easier when your mood matches the mood you were in when experiencing/learning the information

* The stronger the emotions aroused, the greater the effect on memory

* Emotions can be evoked or minimized, by

(continued on page 8)

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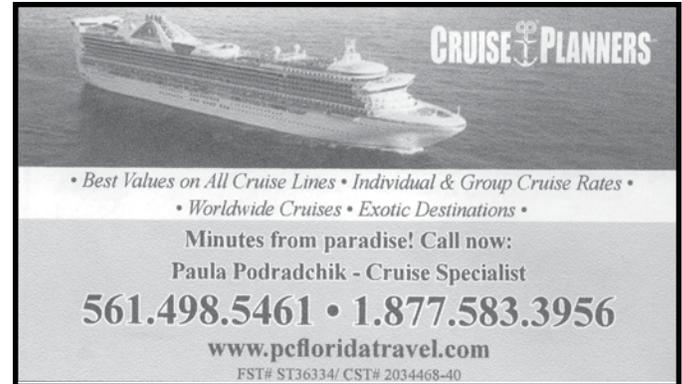
INTERESTING MEMORY ... (continued from page 7)

displaying or suppressing expressions of emotion

* Different emotional states may impair or help memory, for different memory tasks

* It seems that there are differences in the way men and women process emotional memories. Women are better at remembering emotional memories. They also seem to be more likely to forget information presented immediately before emotionally charged information. This suggests that women are more affected by emotional content - a suggestion compatible with the finding that women and men tend to encode emotional experiences in different parts of the brain. In women, it seems that evaluation of emotional experience and encoding of the memory is much more tightly integrated.

* There is also an age difference. The tendency to let unpleasant memories fade faster than pleasant ones get stronger as we age. This is perhaps a reflection of older people's apparent ability to regulate their emotions more effectively than younger people, by maintaining positive feelings and lowering negative feelings. Preliminary brain research suggests that in older adults, the amygdala is activated equally to positive and negative images, whereas in younger



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adults, it is activated more to negative images. It may be that older adults encode less information about negative images.

* It has also been speculated that age-related cognitive decline may be partly caused by a greater cortisol responsiveness to stress.

MY SON'S CONTRIBUTIONS

"I was reading an article from Esquire magazine which had as its premise that politically as a nation we are in such dire straights because we choose to forget rather than remember. We collectively forget our mistakes only to repeat them again. This brings to mind the famous quote by historian George Santayana, 'Those who fail to remember history are doomed to repeat it.' I guess this can also be applied to individuals, who sometimes put a glossy exterior on a bad experience or memory, and then go forward and commit the same error based on the fact that they 'forgot' that the memory and mistake was actually bad to begin with. I think we are creatures of habit and routine, and move forward as if the past is not connected to either the present or even the future. I believe it is. Memory and memories should be studied for lessons and conduct that will make future choices, which will have their own independent memories at some time a positive experiences."

MEMORABLE QUOTES

Happiness isn't something you experience; it's something you remember. (Oscar Levant)

Memory believes before knowing remembers. Believes longer than recollects, longer than knowing even wonders. (William Faulkner)

About four years ago ... No, it was yesterday. (Steven Wright)

We do now know the true value of our moments until they have undergone the test of memory. (George Duhamel)

We do not remember days, we remember moments. (Caesare Pavese)

We forget all too soon the things we thought we

(continued on page 9)

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INTERESTING MEMORY ... (continued from page 8)

could never forget. (Joan Dilion)

In memory, everything seems to happen to music. (Tennessee Williams)

You can close your eyes to reality, but not to memories. (Stanislaw J. Lee)

MEMORY SONGS MADE FAMOUS

Thanks For the Memories - Bob Hope

Memories - Barbra Streisand

Making Memories of Us - Tim McGraw

House of Memories - Merle Haggard

Secret Memories - Dolly Parton

Perhaps you know of others that can be added to this list ... let me know.

And in the meantime, may your lives be filled with pleasant, wonderful memories!

Excerpts from "I Remember When,"

From Fine's column in the Jewish Press

Editor's Note: Take a trip down memory lane. We hung around the neighborhood candy store as young people - and my mother and father owned a grocery store in the same "taxpaper" in the Bronx. The people in this story could have been my parents - Sam and Dora - neighborhood fixtures. Such vivid memories ...

Pearlman's candy store, with its long "penny candy" showcase, was a fixture of our youth. The two old-timers who ran the place took great pride in their enterprise. The Pearlmans adopted every kid in the neighborhood as their own. They loved kids and kids loved them. They joked with us, beamed with pride when we sported by in our first pair of long pants, and they even cried with us when we got report cards we couldn't take home.

Sadie Pearlman was a stout little woman, almost as wide as she was tall. Her beautiful silver hair was always perfectly groomed, a comb neatly tucked in the back. She had the face of a cherub, always questioning, always ready to help.

The two old-timers had not children of their own. But they considered all the neighborhood children their own - whatever the child's age, color or religion. They were all "Sadie and Sam's kids."

Both of them attended every bar mitzvah on the block. It just wasn't a simcha unless the Pearlmans sat by and beamed with our families.

When one of the kids in the neighborhood had something to celebrate, we toasted it with an egg cream at Pearlman's candy store. When we had a

(continued on page 10)

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EXCERPTS I REMEMBER ... (continued from page 9)

birthday it was a malted on the house at Pearlman's. You'd be surprised how many birthdays my little brother Berel used to have in one year. But the Pearlman's never cared.

When the war years came, the Pearlman's got mail almost every day from their "boys." And the two old-timers would cherish those letters like million-dollar bills. In fact, they kept the letters in the cash register and the money in a little cardboard box next to the cigarettes.

During those war years, Sadie sent out weekly packages to her "boys." They weren't fabulous packages - maybe some candy buttons, a few chocolate twists, and yard-long licorice whips. But they were a welcome little reminder of home. She'd always put a note in the package: "For malteds you'll have to come home!"

One day one of the Pearlman alumni who had struck it rich sent his chauffeur with a huge box. It contained a mink stole. Sadie was so excited. She put it on over her apron and worked the whole day in the stole.

She never used that stole to go out herself but instead she would give it to the girls in the

neighborhood whenever they had an important date. She would tell them the stole would bring them luck. And to many, it did.

That little run-down candy store was the clearinghouse for all the news of the neighborhood. If you couldn't get a rumor verified at Pearlman's, it just wasn't true. In an instant you could find out who was working, who needed a job, who was pregnant, who was getting married - just about everything.

By the time you finished a glass of seltzer you were briefed for the year.

In the winter months, Pearlman's was the light on the dreary, dark block. The wind would whistle around the corners and the snowdrifts would pile up. But the steam-filled windows of Pearlman's candy store always gave out a warm glow. Nobody ever went out on nights like that but, the two old-timers would keep the store open just in case somebody might have to call a doctor and there was no place else to call from. They hardly ever went home; the store was their life.

Time passed and most of us moved out of the old neighborhood, but we always stopped by to see Sadie and Sam.

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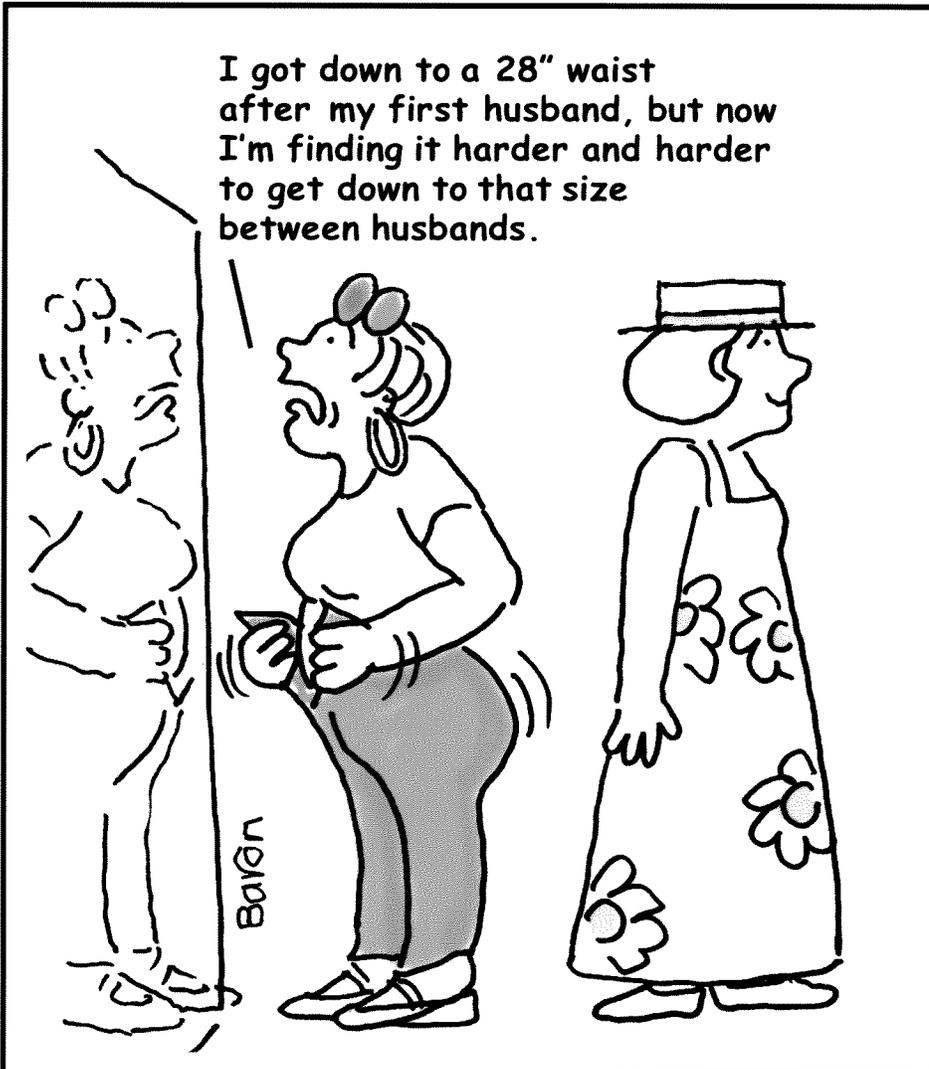
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EXCERPTS I REMEMBER ... (continued from page 10)

Sadie passed away before Sam. Nobody ever knew how old she was and nobody ever cared. She had a funeral those of us from the old neighborhood will never forget. Every one of her “kids” turned out to pay their respects. There were Jews and Christians, blacks and whites - even three Chinese kids who lived on the block. Sadie was international.

Harvey Baron's Early Bird Special



Sam did the best he could with the old store after Sadie was gone, but he closed up a short time afterward and sort of vanished. Nobody ever knew what became of Sam. Some of the neighbors said he had been taken in by one of his “children.” But we were never really sure.

Yes indeed, Pearlman's candy store was such a big part of my generation. Sam and Sadie, somehow I know you can see this. Thanks for everything.

Bermuda Isle Buzz

By: Ketly Williams

It's the beginning of the fall and now we look back to the hot fun we had in the summertime. Those summer days - oh - those summer days! While many residents of Aberdeen and Bermuda Isle in particular, headed up north, for those of us who stayed put, there was plenty going on right here to keep us all as busy - or not as busy - as we wanted. Between

trips to the beach, getting tables at area restaurants without waiting, taking advantage of summer sales at area malls or stores, weekend getaways, languishing around at our own resort-style pool area, or just watching the new landscaping and structural improvements unfold in our beautiful community, there was no shortage of activities!

Our Clubhouse is all spit-and-polish shiny and ready to welcome the return of our snowbirds. The Aberdeen calendar is full of fun and exciting events. Over the summer, we bade a very fond farewell to long-time employee Favio - who left after many years of dedicated service at Aberdeen to pursue his own business. His warm smile and consistently happy disposition will be missed!

As we enter the Jewish High Holiday season with Rosh Hashanah and Yom Kippur - we offer felicitations to all of our neighbors who observe these sacred and time-honored holidays.

Around the Isle ... (Affectionately known as “The Shoe”)

We here on “The Shoe” welcome new residents Brian Enriquez and Emily Schultz to our lovely commu-

(continued on page 12)

BERMUDA ISLE BUZZ ... (continued from page 11)

nity. They hail from the Midwest and have been fitting right in!

Leon and Julaine Haines celebrated a milestone 50th wedding anniversary with a cruise to Bermuda - following their annual sojourn to NY to visit family. We tip our hats off to them for such an amazing and inspirational accomplishment and wish them many more years of wedding bliss!

Long-time neighbor Dorothy Polikoff has retired after 43 years as the owner of a travel agency in Philadelphia. After 20 years as a homeowner and part-time resident here, Dorothy will now have the time to meet, mingle and be active in Bermuda Isle activities. She was also thrilled to celebrate the marriage of 2 her grandchildren this year!

Stan Hubsher and his beloved heartthrob Barbara, had the good fortune of visiting with relatives in England and Wales over the summer. They also welcomed many family members to Florida during the lazy, hazy days of summer - that included their grandchildren Justin, Charlie and their mom Caryl, from Brookline, MA, and granddaughter Ally and their son Ron, both from NY.

Ronnie and Eliot Ostrow were able to enjoy a week in the breathtaking mountains of NC. Additionally, Eliot and their son David had great father and son bonding time on a driving tour of baseball parks in Milwaukee, Cleveland, Pittsburgh and Cincinnati!

Marshall and Ketly Williams celebrated their 11th wedding anniversary in Riviera Maya/Cancun, Mexico - one of their favorite destinations. They enjoyed nearly a week at an all-inclusive resort with lots of good eating and drinking, relaxation, visiting cultural sites and taking in amazing sunrises and sunsets from their rooftop garden view!

Residents Bonnie Lappin and Rob Tannenbaum and Jake and Diane Kamp welcomed new grandchildren into their growing families! Congratulations to them all!

We offer our heartfelt condolences to Sheryl Feuerstein whose mother, Lillian Weisberg passed away earlier this summer at the tender age of 100! Sheryl, her husband Arthur and many other family members had gathered in Coral Springs, FL to celebrate Lillian's birthday and she was able to enjoy them for that momentous occasion before slipping away two days later.

Former Bermuda Isle resident Zach Goldman passed away in August. He and his wife, Judy had been long-time residents and Zach served as Treasurer on the Bermuda Isle Board of Directors for many years.

From Ketly's Korner:

As aforementioned in previous editions of Aberdeen Times, in addition to bringing you news

(continued on page 13)

JOSHUA M. BERLIN M.D.

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BERMUDA ISLE BUZZ ... (continued from page 12)

from our neighborhood, it is my pleasure to add my personal musings to this article under the "nom de plume" of "Ketly's Korner."

After having served as a poll worker in Palm Beach County elections since 2000, I had the honor this year of taking on the new duties of Precinct Clerk right here in our community, at one of 2 polling locations in the Aberdeen Clubhouse. As Clerk, it is my solemn responsibility to assure that the election process is carried out in a professional and helpful manner, observing all the laws and statutes put in place by the Florida Legislature and the Palm Beach County Supervisor of Elections office.

I, along with my fellow poll workers/inspectors, take this responsibility very seriously and we sincerely feel honored to do so.

We are especially fortunate to work here in our own community and to assist our neighbors in the voting process. We are equally very grateful for the assistance and generosity of Aberdeen staffers who do all they can to make our typical 14-hour-day as comfortable and pleasant as possible. The breakfast bagels and fixings and lunch that they provide to us on Election Day, is a benefit we deeply appreciate. We hope that our neighbors who come out to vote in person on any Election Day, have a good experience and walk away feeling that we have done our civic duty in the best manner possible. See you on November 8!

Ashford Greenery

By: Tony Casselli

We are back! We have missed a few articles but now it's time to share happy moments.

Let's start off by welcoming back our snowbirds who must have a lot of news to share with us for upcoming articles! Glad to have you back and please send me your summer vacation stories - casselli@bellsouth.net.

Our community looks great thanks to our landscaping company, Bug-A-Way, and all of you who take the time to put in beautiful plantings that help make our community a wonderful place to live.

Our own Bryan Mooney shares a synopsis of his latest novel *Been in Love Before*:

"I am pleased to announce the release of my ninth book, *Been in Love Before*, published by Lake Union Publishing (New York & Seattle). It is the touching story of three brothers who have all tragically lost their wives over the past two years and their struggle to get on with their lives and the heartaches they each must endure. Others have said-

"... wonderfully touching story!" (Amazon review)
 "... one of Mooney's best to date. I love it." (Booknook)

"... could not put it down." (Goodreads)
 "... I didn't want the book to end. Will be my recommendation for our book club." (JL Richards)

Congratulations, Bryan. Looks like you've got another winner! My wife, Kathy, wrote this review (on Amazon.com):

"A HOME RUN!" (Five-star review)
 What a wonderful story! I love books about families and this did not disappoint. Usually, most of the main characters are women but in this case they are men - brothers. They have all lost their wives and are content to remain on the sidelines of life until their daughter/niece forces their hands. I love all the references to south Florida since I live there and recognize many of the places mentioned. But, living in south Florida is not a prerequisite for enjoying the book. I think it's a home run!! (You will have to read the book to understand!)"

The book is available worldwide in five formats including paperback, audio, and e-book.

Kathy and I have been venturing to Jupiter lately. We wanted to try The Woods, a restaurant owned by Tiger Woods. We love it! We tried pineapple infused vodka and it was delicious. It's in an area (continued on page 14)

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ASHFORD GREENERY ... *(continued from page 13)*

called Harborside. There's a hotel on the property - the Wyndham Grand. We decided to go back for our anniversary and spend the night - which we did one weekend in August. The hotel was very accommodating and gave us an upgrade to a suite because it was our anniversary. We dined at The Woods again and again; it was a fabulous experience! The food is wonderful and the ambiance delightful. We didn't expect much of a crowd but the place was packed wall to wall! Be forewarned though - there are many wonderful shops including a yacht "store" -- so bring your credit card!! We took a wrong turn on the way home which turned out to be a good thing. We discovered the Rustic Inn has a location in Jupiter. We have dined at the location in Ft. Lauderdale but haven't been in a while because it is a distance to drive. Turns out the Jupiter location is closer and I think it's a nicer drive. Their garlic crabs are excellent - messy but delicious. Give them a try!

It's Happening in Dorchester

By: Carol Baron

Who would have thought we were looking at October so soon? In front of us we are about to celebrate the Jewish holidays and the fun of Halloween and more. So many of our residents are returning "home" to Aberdeen's Dorchester.

Many of our neighbors have been traveling, seeing family and just having fun all over the U.S. Among those celebrating are Phyllis and David Hollander. They were blessed with their first grandchild ... a beautiful little girl name Blake Penny. In addition to that, they have sold their house up north so that Dorchester becomes their home for most of the year.

Roz Kern was in PA this summer, celebrating her brother's birthday. She and Steve spent a week in July in the Outer Banks of NC at a Posner family reunion. There they also celebrated their son, Eric's 50th birthday. Steve is now working at the West

Avenue Animal Clinic for Dr. Michael Posner. NO, there is no relationship!

Iris LeVine spent time in Denver, CO and at Breckenridge Mountain in the Rockies with 2 of her sons and their families. They were hiking, white water rafting, picking wild flowers and having a great time. The summer was fun, but she says "quiet." Well, it might have been quiet, but it certainly was active.

Harvey and I spent some time in CT. However, much time was spent traveling. After returning from Malibu, CA, we spent time in Stratton MT, VT, celebrating the birthday of my brother, Arthur Sherman (who lives in Muirhead) in the Berkshires and going with my daughter and son-in-law to New Hope, PA. We loved seeing them all, but it is so great to be back here.

Many others are still away, but will be returning soon. Our Aberdeen lifestyle will be resuming and our residents will once again be getting involved in what makes so much of our lives worthwhile. Many of our friends and neighbors are involved in PAP (for cancer research), ORT, Hadassah, the Norton Museum and so many other useful, interesting and gratifying activities. For that is what it is all about. **GIVING BACK!**



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Canterbury Communique

By: Dee Levy

The summer has come and gone, and the month of October is now upon us. We look forward to celebrating the many October holidays, as well as the resumption of the Aberdeen Times. First, we'd like to welcome Joan and Barry Lassman, who became Canterbury residents this past summer. We're delighted to have them as neighbors! Also, we want to congratulate the newly elected Canterbury Board of Directors. Ellen Nessin, Carol Collins and Lou Levy have been working hard with Jose Armstrong of GRS Management Co. to attend to the needs of the community. Kudos to all of you!

Most of us are aware of the upcoming Club renovations, which have already begun. Included in the over-all plans are several pickleball courts, which will be located in the tennis center. Fran Shaller, a long-time resident of Canterbury and pickleball enthusiast, has agreed to enlighten us on this increasingly popular sport. She has submitted the following narrative:

"Pickleball has come off Aberdeen's wish list, and is now a real part of our renovation plans. But you may be surprised to know that we are actually celebrating the 50th anniversary of the sport! Its birthplace is Bainbridge Island, in the state of Washington. One of its founders, Barney McCallum, started the sport on an old badminton court on his driveway. It started as a way of keeping the kids busy, but soon became an adult activity. Rules were made up on an as-needed basis. One of the original players (Dick) was very tall 6'6", and would rush the net and spike the balls away. So the other guys said, "Hey, Dick, you just gotta stand behind this line if you're going to volley," and thus began the "NO VOLLEY ZONE" (now known as the 'kitchen'). The net height was established at 34 inches, because that was the height of the other player's waist. Although they started playing with ping-pong racquets, they quickly realized that they wouldn't make it. McCallum had a band saw in his basement, and designed the first pickleball racquet out of a piece of plywood. With some minor modifications, his design has pretty much remained the same since. The game quickly evolved into a fun thing for families. Young and old played together.

"Bainbridge is really a summer resort. So when Barney McCallum moved back to Seattle at the end of the summer, he brought the game with him. As it traveled east across our nation, more and more people fell in love with the sport, including me. I've been

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playing pickleball at different courts in Boynton and Delray this past year, and can tell you that pickleball players are the nicest players! I go to these courts alone, and am always invited into games.

Whether you're a newbie or an advanced player, it's just great. I hope this spirit of inclusiveness continues in Aberdeen.

"Pickleball -- a funny name for a great game. You may be wondering where that name came from. Well, legend has it that one of the founders had a dog named Pickle. Pickle would chase the balls, and it became known as "Pickle's ball", or "pickleball" for short. As I said, that's legend ... some dispute it. But, I like that legend, and that's why I'm repeating it here !"

In closing, we want to thank Fran, and also to invite other Canterbury residents to tell us about their interests and/or experiences. It's a great way to get to know your neighbors. Have a happy and healthy month of October and a "Shana Tova!" See you in November!

Circling The Coves

By: Mary Chuzi

Welcome to the first edition of Circling the Coves for the 2016-2017 "season"! This is your place to read about new residents, past and upcoming Coves events, reports on meetings and changes that have

(continued on page 16)

CIRCLING THE COVES ... (continued from page 15)

occurred, reminders about “the do’s and don’ts” of unit ownership, and news our residents have contributed. This column can be whatever you’d like it to be. Just send your suggestions, news, and comments that you’d like to see included to me at pchmhc@comcast.net. Submit everything during the first week of the month and it will be covered in the following month’s Aberdeen Times.

Following the summer hiatus of this column, we would like to welcome the following new residents: Albert and Luise Gallina, Bldg. 3; Michael Gottlieb, Bldg. 13; and Elizabeth Berndtson, Bldg. 4. We certainly hope “The Coves Experience” is a positive one for you. Your fellow residents, neighbors, Board of Directors and Management Company are at your disposal to help you get acquainted with the community, as well as your documents which are required to be a part of each sale and resale closing. Our board meetings are open to all residents, and notice of each monthly meeting is posted on the 2 bulletin boards near the mailboxes.

ALL residents should be INFORMED

(continued on page 17)

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CIRCLING THE COVES ... (continued from page 16)

RESIDENTS. It makes for "smooth sailing" in the Coves. BOD positions, document updates and changes and more will be covered in future columns, as well as future mailings and/or e-blasts. For this reason, make sure your current address in the directory is correct, and that BOD president, Rose Romano has your e-mail address. Don't be left out!

The Coves has hired "Martin Austin's Cleaning Company." Martin works here on the property on Tuesdays and Thursdays. Initial feedback has been very positive. Martin will be power washing the sidewalks at the beginning of November.

Work on the wood rot on the fascia boards of our buildings is still in progress, hopefully to be completed by year end.

Our new Document Amendments have been recorded in Palm Beach County, and by the time you read this, everyone should have received a copy to file with their documents. Our BOD, GRS Management, and legal team have been of great assistance in keeping the Coves current with prevailing condominium rules and regulations, a necessary part of successful community living. Don't forget, rules and documents are not enforced to restrict your rights, they are put in

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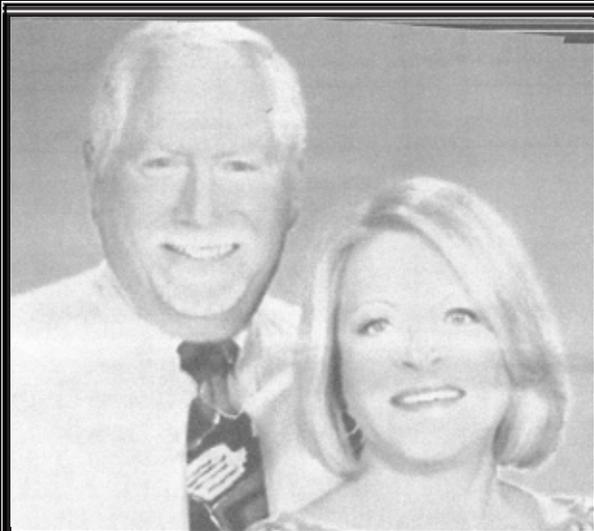
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place and enforced to protect your property values. 144 units protected and properly maintained as one entity. Thank you to our BOD members who all serve voluntarily.

President Rose Romano reminds us that the Coves Budget Meeting will be Mon., Nov. 14th. Please plan to attend!

Last but not least, we would love to share news of our residents, their travels, and events, both past and future. We have a wonderful community worth talking about. Speaking of residents, we wish Debra Sackin, co-writer of Circling the Coves, a speedy

(continued on page 18)



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CIRCLING THE COVES ... (continued from page 17)

recovery and swift rehab from her October surgery. Hope to see her out walking again soon!

Until next time, enjoy the beautiful month of October and get ready for a busy season in Aberdeen East.

Moorings Matters

By: Eileen Hahn

It's been a busy summer in the Moorings with our residents "on the road again" and encompassing generation to generation. Charlotte and Jerry Kahn flew to Westchester NY for the newest millennial event entitled "Baby-Name-Revealing" which informed them that they will become great-grandparents to a baby boy in December. Joan and Vince Marini motored to TX in May to have the pleasure of walking down the aisle when granddaughter Adele, married Mike McCartney in San Antonio. Flora and Jack Miller flew to Philadelphia where the entire family gathered to celebrate their 60th anniversary. Going from birth to death, we mourn the passing of Ethel Fialkow, an original Moorings resident, but we welcome the eventual arrival of her daughter Stephanie, and her husband to the residence.

Sally Sage and Herb Schwab did the FL to Chicago run for a change and Herb was sponsored and escorted to Washington DC on a Hero flight for his participation in the Korean War. Previously, Simon Glastein was honored in this manner for being a soldier at the Normandy Invasion. (I stood on that cliff and it's a miracle he's here to tell about it.) Laura and John Unger did their mid-west run and spent time with their children. Although the battle was over, Jane Bartecki did spend time visiting with family in the Gettysburg area and Addie Caputi saw some of the highlights of our state while traveling with guests to the Keys as well as Jacksonville. Even without a Chevrolet, it's good to see the USA. Joanne Moustak and Alan Goldenberg did just that but went the farthest west with a sensational cruise to the Hawaiian Islands. Helen and Joe Fradella stayed closer while including Puerto Rico and St. Martin in their itinerary. Joe and I flew across the Atlantic to tour Denmark, Sweden and Norway, fulfilling our bucket list and then off for a long weekend to Pasadena for a party. Good to be back in the Moorings!

Farewell to Shelly Brafman who we must have worked too hard, since she decided to enjoy life in Coral Lakes. But -- she was nice enough to sell her house to a charismatic, charming young lady who I feel will be an active participant. Kathy Columbia

comes to us from Lake Worth.

The Moorings has 146 residences; wouldn't some of you like to share some news with the rest of us. It takes just one phone call or you can find me at the gourmet club, the Italian American Club and in the card room 3 days a week.

Sterling Lakers

By: Sheila Hyman

I hope you all had a healthy summer and that you are raring to be busy this upcoming season. Welcome back all who left, just be grateful that you were not here during this very hot summer.

There are no September birthdays to tell you about, but we have birthday wishes for the month of October 2016. Happy, Happy to Carol Kayne, Marsha Menahem and Elsie Tropper.

We are sad to see our-long time residents, Mimi and Larry Freedman leave for "southern" climes, Boca Raton. We wish you good luck and a healthy life in your new community.

Now for some chit chat about our Lakers: My grandson, Jordan Adelman, graduated with honors

(continued on page 19)

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STERLING LAKERS ... (continued from page 18)

from Pace U. in Pleasantville, NY. He has already begun his master's program there after a summer internship in Rye, NY. Carol and Jerry Finkel are proud to share that, Glenn, one of their grandsons, is going to the U. of Conn. at Storrs, CT and Alex, another grandson, will be going to Worcester State. They had a great 2 weeks with their family. Lucky them. No rain. And I hope not as hot weather as we had.

A number of our Sterlingites have been having some health problems. Renee Engel had a hip replaced. Good luck in your recuperation. Stan Cohen has been a frequent flyer to the ER. Stay upright, Stan, and stop this activity. A number of us have had to replace our air conditioners as they are not new and they have been "overused" this season.

Just to add a note about me, I spent 3 weeks traveling on the Mississippi River. This was a most interesting trip. So different from anything and anywhere I had traveled before. In fact, the language was so different! So many southern drawls. One town has a population of 600 people, and going downward. I would recommend this type of travel for those who do not wish to leave this country.

Harbour Lights

By: Wendy Latman

This is the first article from The Harbours in several years. Starting now, we plan to continue to write for many more years.

The Hospitality Committee has agreed to write this newsletter. Members are Wendy Latman, Dahlia Ohlson, Fran Ceasar, Mary Pastore, Camie Gorenson and Anita Kaplan.

We have a new board consisting of: Bernie Dienstag - President, Tony DeMunno - Vice President, Gail Peele - Secretary, and Jim Ohlsson - Treasurer. Three additional directors include: Mike Caesar, Anita Kaplan and Richard Gauthier. They are hard at work keeping The Harbours the ideal place to live. We



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also have several committees assisting them. Tony Demunno, the building and grounds chairperson, is working on extending the downspouts at the buildings to stop erosion, in addition to many other projects. John Laird is hard at work keeping our landscaping beautiful.

We have a captain for each of our 15 buildings. We are relying on them to keep us informed as to the comings and goings of The Harbours residents.

The Hospitality Committee is planning to visit new residents as they move in, and give them pertinent information about how things work at The Harbours, the Aberdeen community and Boynton Beach. We have a welcome gift for them. Wendy Latman wrote a wonderful welcome letter. At least two members of the committee will visit the new residents.

Every resident should have an Aberdeen phone directory listing the address and phone number of every Aberdeen resident. If you need to add information or make changes to your information in the directory, please contact Anita Kaplan at acanita@comcast.net.

Now for some happy, good local news:

Terry Keller attended her grandson's wedding in August. It was held in beautiful New Hope, Pa. She has several grandchildren and great grandchildren and visits them often in Buffalo and Long Island.

Anita Kaplan took her family, children and their spouses and her 6 grandchildren, on a wonderful vacation to Atlantis in the Bahamas to celebrate her birthday. We are not saying which one.

Dahlia Ohlsson had a wonderful trip to Italy.

Wendy Latman's son, Erik Francis, just published a book called "Now That's a Good Question - How to promote Cognitive Rigor Through Classroom Questioning."

We are looking for information for these articles. Please contact the hospitality committee (we are in the phone directory) or call your building captain.

Hospitality Committee of The Harbours @ Aberdeen

The Hamptons

By: Nancy Rosenstein

Hi Hamptonites!

Looks like the summer has come to an end! Some of our snowbirds are returning for another fun-filled winter in sunny Florida.

Thanks to the diligence of Ellen Gold, our ambassador, we have the latest new residents of the Hamptons as follows:

Gail and Vincent Bello, Susan Charles, David Hilley, Hannah and Dennis Vogt. Welcome! We hope you enjoy living here as much as the rest of us do!!

The Golds had a busy summer visiting Art's sister in Minnesota and the kids in Dallas. They celebrated the grandchildren's birthdays and love seeing the kids. It is one stop shopping as, they are all in Dallas now.

The Whitelaws had a busy vacation visiting the family in MA and NY. Great to see all the Whitelaws, grandchildren, and especially the latest model little Billy.

We have been in Scarsdale once again visiting with our grandchildren, and kids. New Rochelle,

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We love the beach and it gives us a chance to see our Aberdeen friends, Sheila and Joe Fagan from Ashford Green, and Arlene and Bernie Schuster, new residents of Waterford. Bernie drives Miss Georgia in the Miss America Parade. Every year he and his Big White Cadillac usher in one of the contestants in the Pageant.

Kudos to the Hampton's Board for our new mailboxes. Now we have a fresh new mailbox to get all

(continued on page 21)

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THE HAMPTONS ... *(continued from page 20)*

our bills. Let's see some checkies!!!! LOL

Speedy Recovery to our board member Bart Cherry, and resident Janet Friedman. Also to other Hamptonites. Hope you are all feeling better!

Happy and Healthy New Year to all, May we enjoy good health and prosperity in the coming year.

Hope to get more input from our residents in the Hamptons, if you want to see your news in print, send to nancyrosenst@aol.com.

Valet Dining

Beginning Monday, May 23, 2016, the Board of Directors and Management are pleased to announce the restoration of the Valet Dining Program for our members who are medically homebound.

Aberdeen Golf & Country Club has a wonderful group of members who have volunteered to pick-up your lunch or dinner order from the Club and deliver it to your home the same day.

We ask that if you are medically homebound and need lunch or dinner, that you contact the Club's reception desk between 8:00-9:00 a.m. on the morning of the day you wish to receive this service. Subsequently, the dining room manager on duty will return your call, shortly thereafter, in order to take

your lunch or dinner order.

Your lunch order will be picked up by the Club's member volunteer of the day at approximately 11:30 a.m. and deliver it to your home. Your dinner order will be picked up by the Club's member volunteer of the day at approximately 5:30 p.m. and deliver it to your home.

The Board and Management want to thank Sheila and Herb Klinger and the Valet Dining team of volunteers who are willing to do this service for our members in need.

Didja Know?

Submitted By: Pat Bergrin (Waterford)

1. Thai computer programmer Komel Panyasophonlert, 31, became the world's third-highest ranked Scrabble player despite not speaking English. Panyasophonlert spends 6 hours a day memorizing the dictionary.

2. The Manchester, N.H. police dept. announced it had found 1 of the rarest Pokemon Go characters - Charizard - in its headquarters and invited a list of 500 people to catch it. All 500 are wanted fugitives.

3. NASA announced that a "leap second" will

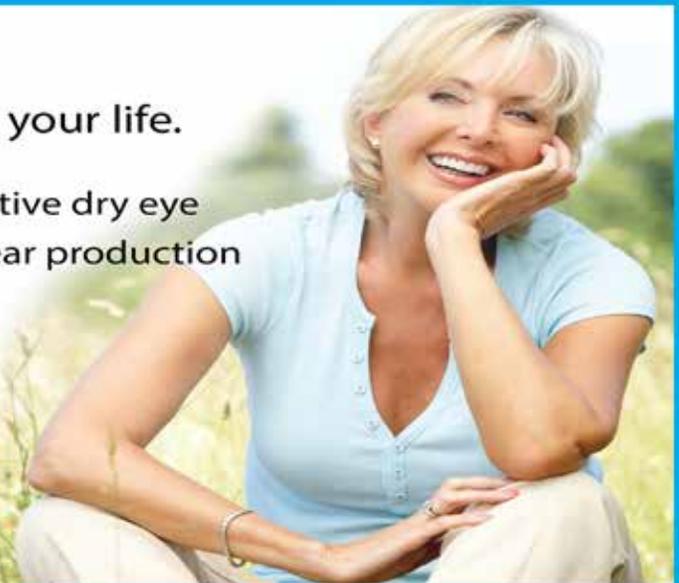
(continued on page 22)

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DIDJA KNOW ... (continued from page 21)

be added to the world's clocks at 11:59:59 on New Year's Eve this year, an adjustment meant to keep atomic clocks in sync with the Earth's rotation.

4. Mother Teresa of Calcutta, known as the "Saint of the gutters" during her life, was declared a Saint of the Roman Catholic Church by Pope Francis on Sun., Sept. 4, 2016.

5. McDonald's has been testing a new Chicken Mc Nugget with no artificial flavors or preservatives. The current McNugget contains 32 ingredients, including such chemicals as sodium aluminum phosphate, monocalcium phosphate and calcium lactate.

6. This year video games played on tablets, smartphones and other mobile devices will generate more revenue than traditional video games played on desktop computers and consoles. Total global gaming revenue is estimated to reach \$99.6 billion in 2016.

7. A new analysis of census data revealed that 32.1% of Americans between 18 and 34 live with their parents, a higher percentage than are living with a spouse or partner.

8. A new luxury Los Angeles apartment complex-

where units rent for up to \$25,000 a month - offered residents such perks as on-site Botox treatments. Wealthy people "just don't want to take care of the hassles that everyday brings," the developer explained.

9. Swimmer Michael Phelps will have to pay an estimated \$55,440 in income tax for the 5 gold and 1 silver medals he won in the Rio Olympics. The U.S. Olympic Committee awards athletes \$25,000 for gold, \$15,000 for silver and \$10,000 for bronze - and those cash bonuses are considered taxable income.

10. Macy's will shutter 100 department stores-about 15% of its U.S. properties - by early next year. The retailer's decision comes after 6 straight quarterly declines in sales and is the latest in a wave of closures "amid the rise and success of Amazon and other online shopping options."

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Bleacher Seats Splinters

By: Rob Tanenbaum

Tell me something I don't know.

That statement should be every journalist's mantra. It's still mine. Even in retirement.

So I was miffed at a tweet this summer from Forbes Magazine with the "news" that the worst job in America was: Newspaper Reporter.

Hell, I've known that for a half-century. Few professions call for such a high level of skill and effort with such a low rate of financial compensation. Plus you face criticism every day from editors, readers and worst, yourself. Nowadays, it's almost impossible to start a career or change jobs as I did many times.

So I wondered how I could have been so stupid 50 years ago to embark on this journey where your bank account and work-life balance come up empty.

Here's how: I joined the newspaper staff of my high school, The Patriot, at Francis Lewis High School in Queens, NY. Reading the sports pages and political

(continued on page 23)

BLEACHER SEATS ... (continued from page 22)

columns of a half-dozen NY dailys was a habit and I loved to write. I decided my first story would be an interview with a NY Giants football player and began calling the public relations department every day for 2 weeks.

When I didn't receive a return call, I set my sights slightly lower: I called the NY Jets. It was answered immediately by the assistant PR director Frank Ramos. He immediately arranged an interview with No. 1 draft choice, Matt Snell, before a practice at Shea Stadium.

I still wasn't driving, so my brother, Jay, who now lives in Coral Lakes, drove me to Shea on the appointed morning. I arrived at the clubhouse door, about a half hour early.

Although I was supposed to meet Ramos and Snell in the corridor, I timidly opened the dressing room door and walked in. The room was almost completely dark. In the distance, there was a single light in a glassed-in small office and a man sat there doing paperwork. His short squat frame and mostly white signature crew cut gave away his identity to me immediately. It was head coach Weeb Ewbank. I was delighted until he noticed me and barreled out of the office wearing only a white undershirt, white boxer shorts and knee-length black socks and yelled at me: "Who are you? What are you doing here? You don't belong here! Get out of here!"

I stammered something, pivoted and headed out the door before he could treat me like a blocking dummy.

Snell and Ramos arrived shortly after I started to breathe again. All I can remember from my first interview is that it was impossible to write down every quote verbatim. Snell, a sort of hometown hero from nearby Long Island, talked so fast it was impossible.

I went home and wrote the article. The lead was something like this: "Rising from the worn out Polo Grounds to the spacious terrain of newly opened Shea Stadium, the New York Jets are about to become contenders for the American Football

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League championship. And they are banking on one of our neighbors, running back Matt Snell, to carry them there."

I read the story to my mom when she got home from work that evening. Her response was an order to me: "Get Bill Mazer on the phone for me."

Mazer, all you New Yorkers and Buffaloans will remember, was the father of sports talk radio with an afternoon drive show mom and I listened to religiously. I was stunned to get through and when Mazer came on, mom grabbed the phone eager to boast to Mazer and his radio audience about her son and slam the Giants for not getting me an interview. But Mazer disarmed her. He didn't get many calls from women, so when he started with, "What are you making me for dinner, Charlotte?" When she told him, he replied, "I'll be there in an hour." Then he patiently listened to her story and told her I should call the Giants the next afternoon and drop his name and I'll get my interview.

(For the record, it didn't work.) But the best part of the story is that for the next two 2 hours, our phone didn't stop ringing as friends my mom hadn't talked to in 10-15 years, but recognized her voice, called to "kvell" with her.

The next day, I was called on to read my story to the journalism class. When I was finished, the teacher said it was good enough to be published "as is" in the NY Daily News.

So I was hooked. Like it or not, I was on my way to the worst profession in America.

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Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

This season we're going to do something different. We're actually going to have fun with bridge. My good friend, Pat Hirsch, an excellent bridge player by the way, gave me some pointers about the game. I would like to pass some of them on to all of you. The following list is called the "Nevers of Bridge". The list has 3 Parts: Bidding Nevers, Playing Nevers, and Leading Nevers. This month we will concentrate on the Bidding Nevers.

1. Never, as a responder, by pass a Major suit to bid 1 NT.
2. Never Pass a forcing bid even if you opened light.
3. Never lie when responding to a Blackwood or Stayman.
4. a* Never bid a 4 card major before bidding a 5 card minor, if you have 13 or more points.

Trivia

Submitted By: Pat Bergrin (Waterford)

1. What was the occupation of the 7 dwarfs?
2. Who played the father in "To kill a Mockingbird"?
3. Whose legs were insured for \$1 million?
4. What famous cowboy had his horse stuffed?
5. Who did Rex Harrison portray in "My Fair Lady"?
6. Whose life did Barbra Streisand portray in "Funny Girl"?
7. What \$35,000 investment paid off big for Edgar Bergen?
8. Who played Inspector Clousseau?
9. What 2 objects are associated with the Lone Ranger?
10. During which war did M*A*S*H take place?

(answers on page 34)

- b. Never bid a 5 card minor before bidding a 4 card major, if you have less than 10 points.
- c. If you have 10 to 12 points, use your discretion.
5. Never jump rebid 5 card suit
6. Never pass a change in suit by a responder unless responder has already passed
7. Never pass partner's rebid when playing 2 over 1 until Game is reached.
8. Never cheat a point to open 1 NT.
9. Never make a take-out double with a singleton in an unbid suit unless your hand is strong enough to bid your own suit after.

10. Never bid again after you have voluntarily pre-empted unless your partner makes a forcing bid.

11. Never rebid the same values in a non-competitive auction.

12. Never bid again after making a take-out double, Michael's Cue Bid, or Unusual No Trump bid, unless your hand is huge.

13. Never reverse with less than 17 points.

14. Never respond 2 Hearts over 1 Spades unless you have 5 hearts and at least 10 points.

15. Never fail to jump if partner makes a take out double and you have 10 points or more.

16. Never rebid a bad 5 card suit after partner responds 1 NT.

17. Never lie about points.

18. Never Pass a 1 NT opener by partner if you have a 6 card suit regardless of point count, distribution, or vulnerability.

19. Never open light on 3rd seat and then keep bidding.

20. Never bid a new suit if you have previously passed if you have a fit in partner's suit. Partner may pass your bid.

Well, I think that's enough to chew on for a month. If you have any questions, ask Pat. I'm sure she will be glad to help you out. Right, Pat?

A Memorable Tribute

By: Donald Metsky (Ashford)

Along with 78 others, I was invited to participate in an Honor Flight on Sat., Apr. 16th for World War II veterans sponsored by Southeast Florida Honor Flight of Stuart, FL. This was a wonderful and exciting event.

We were asked to arrive at Palm Beach International Airport (PBI) at 4:00 AM. Each veteran was accompanied by a volunteer Guardian for the entire day. Originally, the number of veterans approved for this trip was 82, but three of the veterans

(continued on page 25)



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A MEMORABLE ... (continued from page 24)

passed away. We had a ceremony on the airplane for the three deceased veterans.

We arrived at Ronald Reagan Airport about 10:30 AM and were greeted by a band and a large welcoming group who thanked us, shook hands and even kissed us as we walked through the welcoming crowd. A number of the veterans were in wheel chairs.

Our first stop was at Arlington National Cemetery where we witnessed the Changing of the Guard. Other scheduled visits were the Iwo Jima Memorial, the World War II Memorial and the Korean War Memorial. We had lunch at the Knights of Columbus in Arlington, VA. We were greeted by bands and flags wherever we went. The largest crowd was at PBI on our return flight landing about 8:30 PM where we were greeted by a bagpipe band. There were a large number of children in this crowd. We were treated like returning heroes. I will never forget this trip.

Story of an Artist

By: Sol Eskenazi (Landings)

Norma Eskenazi was born on Apr. 17, 1927 and grew up in Washington, D.C.

Since early childhood Norma was driven by an inner need -- a passion - to draw, sketch and paint.

At the age of 14, Norma was awarded a one-year art scholarship to the prestigious Corcoran School of Art in Washington, D.C.. At 15 she won First Prize in a Corcoran art exhibition with this charcoal sketch of a young woman.

After receiving her AA degree she found herself at a crossroad common for women of her generation; she had to choose between a career, a life totally devoted to her art or a traditional life of marriage and family. It was a life-defining moment. Norma had been accepted by the Art Students League in NYC.

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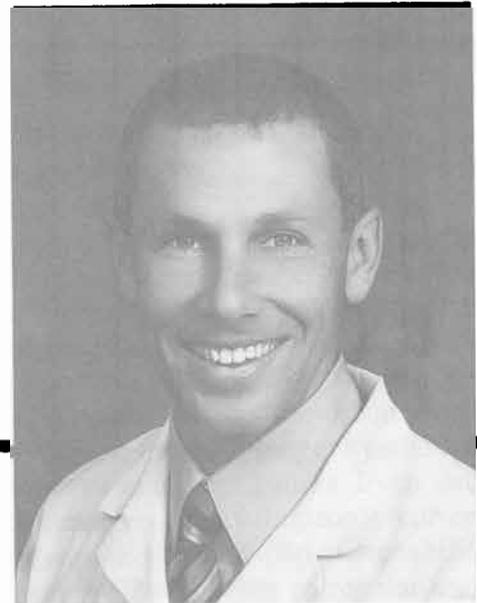
She would have to leave a sheltered home to submerge herself in the exciting and expressive world of art. But she also knew that she wanted the fulfillment of being a wife and mother. She chose to marry. Norma later confided that she knew that somehow she could dedicate herself to doing both; she would find time, even while assuming all the challenges of raising a family, to not only paint, but also sculpt.

Norma married in 1948. Together, for almost 66 years, she and her husband created a home with the safety and security each needed to reach their full potential, and for Norma that meant raising a family and becoming an intensely creative, internationally-renowned artist.

Her most prolific period was when she lived in the Washington D.C. area. There she exhibited her work in the Spectrum Gallery, which was located in the arty Georgetown district of Washington, and other art competitions in the area. She and her husband eventually moved to Aberdeen in Florida in the early 90s where she continued to paint, sculpt and exhibit until she passed away in 2013.

Her husband, aided by the skills of his son-in-
(continued on page 26)

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law, Steve Bloom, as well as his children, recently created a website: <http://www.normaeskenazi.com/> which presents many of her paintings and sculptures. They would like her Aberdeen neighbors to be aware of who she was and, through the website, see and enjoy the art she created.

85 MPH

By: Vincent Marini (Moorings)

No way, you say!

Well, if you ever find yourself in a pickle, time-wise, traveling from San Antonio, TX to Dallas TX you can escape your dilemma by taking, would you believe, the Pickle Parkway.

Never heard of it? Nor did I, until the friendly female voice on my GPS said "turn right and take the highway."

We left San Antonio on a lovely sunny day this past May, after 10 wonderful days of celebration with our entire family at the wedding of our youngest grandchild, Adele, to Michael (Mikey) McCartney. A GREAT time was had by all.?

Our trip to San Antonio was by our usual route

across I-10, however Joan said she would like to go to the George Bush (1) Museum* in College Station, TX after the wedding.

I agreed, with a forced smile on my face, since I was not looking forward to the normal bumper-to-bumper traffic going north out of San Antonio, especially the congestion getting through Austin.

A real smile appeared on my face when I made that right turn and took the highway. The first sign I saw announced a speed limit of 85 miles per hour. Unbelievable I thought, but I was not about to argue with the law of the land.

So off I went, setting my cruise control at 85 since it appeared I was the lonesome dove on this beautiful highway. (Ed note; there may have been other cars on the road but they were not neighbors.)

This American version of the Autoban is a private/public partnership. The state built part and a private firm built part. The private firm gets 50 years worth of toll collecting. The one way toll from San Antonio to Dallas is \$20. Well worth it, if your in that pickle or want to avoid unfriendly neighbors like; Mr. & Mrs. Ten Wheelers.

The Pickle Parkway, named after J.T. Pickle,

(continued on page 27)

85 MPH ... (continued from page 26)

who was a U.S. Representative from the 10th Congressional District of Texas, actually sliced an hour off the trip from San Antonio to Dallas. It took me 2 hours and 20 minutes to go 180 miles.

I don't like pickets but I loved Pickle Parkway.
P.S., Joan and I enjoyed the Museum!

Historic Event: Part III. Investigation on Sinking of Battleship MAINE: Courts of Inquiry

By: Mickey Gussow (Waterford)

With the MAINE deserted, twisted and torn, lying on the bottom of the Havana harbor, the U.S. and Spain each had cause to investigate the ship's sinking on Feb. 15, 1898. For the Americans, it was because the wreck was their ship; and for the Spanish, because the sinking occurred in their harbor.

The Navy had procedures for investigating the disaster by convening a court of inquiry. It is a fact-finding body established to handle important cases where serious blame exists but with no certainty as

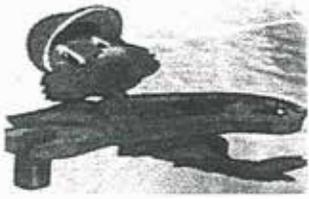
to where the blame should be assigned.

Captain William T. Sampson was appointed as president of the court of inquiry. Sampson and the 3 other officer-members of the court had high professional standing. President William McKinley and his cabinet believed that their findings would be approved. Sampson, who graduated first in his class from the U.S. Naval Academy in 1861, had served as chief of the Bureau of Ordnance and as head of the torpedo squadron at Newport, RI. He was, therefore, well qualified to determine the question of whether an internal or external explosion had sunk the MAINE. The other members collectively had technical expertise on matters relating to coal and electricity and the structure of the MAINE.

While the MAINE was still burning, the Spanish had already begun their own investigation setting up a court of inquiry under Captain Peral as judge. To reach a clear conclusion, he needed technical information from the Americans on contents of the ship and access to the wreck. When the U.S. coastal steamer BACHE arrived with divers, it seemed unlikely to Peral that his investigation could go much

(continued on page 28)

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HISTORIC EVENT ... (continued from page 27)

further. He was given some but inconsequential help by the Americans. Captain Sigsbee, commanding officer of the MAINE, invited the Spanish to witness a few early operations and gave them some plans of the ship. On Feb. 20, Captain Peral summarized his findings based primarily on observations of three officers from the naval artillery, engineers, and torpedo brigade, who had circled the MAINE in a small boat. Peral believed that an internal explosion had sunk the MAINE, although he admitted the need for much more detailed information to confirm his belief.

The Spanish were convinced that the U.S. had too much at stake for a fair joint examination. Theodore Roosevelt, Assistant Secretary of the Navy, had argued with McKinley and others that the American public would not accept a joint effort over reports about Spanish atrocities in Cuba. There also were inflammatory reports by the American press after the MAINE had sunk. Therefore, the Spanish request for a joint examination was refused by Washington. For most Americans, only their investigation could answer the question fairly of how over 250 of their countrymen had lost their lives.

On Feb. 21, the U.S light house tender MANGROVE, with the court of inquiry on board, arrived in Havana.

The next article will relate the deliberations and findings of the American court of inquiry.

Your Evolving Relationship With Tech

Johns Hopkins Health Review - Summer/Fall 2016

We live in the heyday of “the Internet of Things,” where so many of our technological devices are connected and fueled by our personal preferences and date. Your phone talks to your car and plays a favorite song on the commute home; your home thermostat knows to set the A/C before you walk in the door. In the process of acting as hunter-gatherers and distributors of our personal data, our objects develop their own personal identity that is inextricably tied to us, according to J.R. Reagan, the global chief information security officer of Deloitte and a senior professional instructor at the Johns Hopkins Carey Business School.

Instead of being gateways to identity theft, our tech devices could one day join forces to use their intimate knowledge of us to make our lives better, Reagan says. The devices could communicate with each other to create a kind of cyber safety net. Users

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EVOLVING RELATIONSHIP ... (continued from page 28)

could effectively add to the chain cryptographically signed permission slips giving other users rights to access their stored data in particular ways. "Like and extended family, our Identified Things are not only taking care of us, they're watching out for us, as well," Reagan wrote in Fedscoop.com. "That's cybersecurity."

MONITORING SCREEN TIME

We may be enjoying longer days and brighter sunshine this time of year, but it's not just seasonal weather changes -like shorter days in the winter - that can influence our moods, according to experts at the Johns Hopkins Brain Science Institute. To function at their best, your brain and body need to know when it's day and when it's night. Staring at tablets, TVs, and smartphones well into the evening floods your brain with too much light at the wrong time and can throw your internal biological system out of balance, leading to depression. Experts suggest powering down computers, TVs, and phones by early evening.

10 Items to Safeguard Your Home

Johns Hopkins Health Review - Summer/Fall 2016

1 / Residential sprinklers

Required in some new construction, but homes can be retrofitted. Costs are coming down each year, and insurance discounts are offered. You want sprinkler buds in every living space.

2/ Smoke and carbon monoxide alarms

(continued on page 30)

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10 ITEMS ... (continued from page 29)

Gold standard for each is hardwired, interconnected alarms - with battery backup. Device location is important, so follow manufacturer's instructions.

3/ Surge protectors

Buy whole-house protectors (connected to the electrical panel) and devices with the "UL Listed" mark.

4/ Handrails

Falls are the most common household accident. Rails on both sides of stairs increase safety.

5/ Shower grab bars

Attach to studs, not drywall. Diagonally placed bars suit multiple heights.

6/ Nonslip mats or decals

Mats with suction cups are OK, but rubber-backed surfaces are best.

7/ Furniture/appliance tie-downs

Anything top-heavy (bookcases, TV) should be secured to the wall with metal L-brackets or furniture straps.

8/ Adequate lighting

Inside and outside. Place lighting fixture anywhere you need to see placement of feet.

9/ Locks

With kids, lock boxes/cabinets with items like guns, prescriptions, and chemicals. Lock windows starting at the second level to prevent falls.

10/ Anti-scald faucets/shower heads

Thermostatic mixing valves keep water in the safe 120 to 140 degree range. Cooler water risks Legionella bacteria; hotter water can scald.

5 Food Rules to Live Longer

Submitted By: Toby Wolberg (Oxford Place)

It is a good time to re-evaluate your eating habits, as well as those of your loved ones. Research by Laura Dixon, a Caring.com editor, shows that regardless of your age, keeping the following five food guidelines in mind can boost your health:

1. Choose whole foods over processed foods. They generally are composed of one ingredient, have been refined as little as possible, and don't include added salt, carbohydrates or fat. Whole foods include fruits, vegetables, nuts and legumes.

2. Eating plant-based foods and limiting red meat can boost health outcomes and add years to your life. Fruits and vegetables can lower the risk for heart

(continued on page 31)



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Refrigerator	Included
Icemaker	Included
Cold Water/ Ice Dispenser	Included
Oven/Range (includes self-cleaning)	Included
Microwave Oven (built-in)	Included
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Plumbing & Electric (2 Baths)	Included
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Washer/Dryer	Included
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2nd Air Conditioner - Replacement (each additional - up to 4 tons)	\$45.00
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5 FOOD RULES ... (continued from page 30)

disease and cancer.

3. Slash sugar. It may be one of the best things you can do for your health. The American Heart Association recommends no more than nine teaspoons a day for men and six for women.

4. Eat nuts. They are one of the healthiest snacks. In one study, participants who ate a handful of nuts daily were less likely to die for any reason over a three- decade period.

5. Water, coffee, tea and red wine are fine. The vast majority of the longest-living people were found to drink these liquids daily. And coffee has antioxidants, which are linked to lower rates of diseases and conditions.

Palm Beach County Sheriff's Office Crime Prevention Tip of the Month for May 2016 - Residential Burglary Prevention

- "LIGHTS, LOCKS, AND LANDSCAPING" are essential to preventing or deterring crime.

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- Give a trusted neighbor a spare key - DON'T hide it outside.
- Leave several lights on and a radio or TV playing to give the appearance someone is home.
- Don't leave tools or ladders out for burglars to use against you.
- Trim shrubs back from doors and windows. Don't give burglars places to hide.
- Lock all garage and shed doors. Hide the garage door opener from view in your car.
- Properly display and illuminate house numbers. This will aid law enforcement and other emergency vehicles in finding your home.
- Use dead bolt door locks on exterior doors and double-cylinder dead bolt locks if glass is within 3 feet of the lock. Ensure locks are an American National Standard Institute (ANSI) Level 2.
- Secure all sliding glass doors by installing a good locking device. You can purchase this at a local hardware store or insert a metal rod or wooden dowel in the sliding door track.
- Lock all windows and doors when you leave your home.
- Add an inexpensive window slide stop for added security.
- Pin all outside door hinges to prevent removal of doors by criminals.
- If vacationing, have a trusted neighbor pick up

(continued on page 32)

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PBCSO CRIME PREVENTION ... *(continued from page 31)*

newspapers, deliveries, and mail from your home

- Don't let burglars know you have expensive items (TV, electronics.). Cut up boxes.
- Install motion sensor lights in the front, side, driveway, and backyard areas of your home.
- Install peepholes with 160 degree views on doors.
- Keep a detailed inventory of your valuables (serial & model number). Make a photographic or video record. Mark your valuable items with your driver's license number.
- If you arrive home and find the door open or window broken, do not enter. CALL POLICE and wait at a safe location, such as a neighbor's home.
- Park a neighbor's car in your driveway if you are away from home for an extended period of time.
- Keep valuables in a hidden safe. Bolt the safe to the floor or wall.
- Install a video security recording camera system and test the system regularly.
- Be aware of your surroundings. Report suspicious activity by calling 911.

Call our Crime Prevention Practitioners to schedule a crime prevention presentation for your group and/or association, or for additional information regarding crime prevention matters contact us at: 561-688-3970 or email us at: CrimePrevention@PBSO.org.

To obtain crime information or receive crime alerts for your neighborhood go to: CRIMEMAPPING.com

Sheriff Ric L. Bradshaw

Precautionary Measure

When walking about the community, please make sure you have some sort of ID and/or medical alert wrist or neck band on your person in case of an emergency.

Be Confident in Your Memory

By: Drs. Michael Roizen & Mehmet Oz - Palm Beach Post

Ever forget why you went into a room or step out of the shower with shampoo or conditioner still in your hair? Whether you call it a brain fart or a senior moment, it happens to everyone. But when you're older, those episodes can be disconcerting. Relax. If you're healthy, don't smoke and don't eat much processed or fried food, such lapses shouldn't get to you.

A study from Georgia Institute of Technology points out that the older you get, the more information you've taken in and stored. So, when you can't recall the name of someone you know, it's frequently because of what the researchers called "memory clutter."

Seems that as you sift through 60-plus years of names in order to remember one, it takes the brain a bit longer to ID the right one. If that extra time is worrying, you may react with a heightened stress response that makes it even harder to recall the name! Your forgetfulness is caused by a crisis of confidence!

Don't stress over longer recall times. And keep your brain firing at top speed. Exercise regularly to keep oxygen-rich blood flowing through your brain. Don't smoke, and drink no more than a glass or two of wine daily. Stay away from artery-damaging added sugars and syrups, saturated and trans fats. Opt for anti-inflammatory omega-3s from walnuts and fish like salmon.

Questions for Prof Pat

"Prof Pat is Dr. Patricia Williams, a retired financial accounting professor, who has graciously consented to write a column from time to time, answering questions concerning financial matters. Prof Pat also blogs on her website www.profpat.com on money issues for those in or near retirement. If you have a financial question that you would like answered in this column, please send it to questions4profpat@gmail.com."

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at any time, day or night.

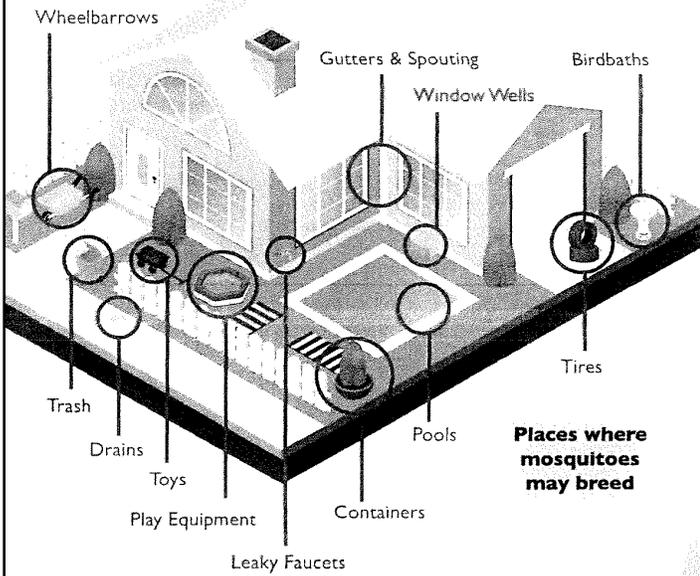
Keep doors and
windows shut.

Keep mosquitoes **outside**.

Keep screens
on all
windows.

Repair holes
in screens.

Use air conditioning.



Places where
mosquitoes
may breed

Preventing the spread of mosquito-borne illnesses is a two-step approach:

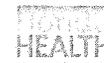
- 1. Protect yourself from getting a mosquito bite** using methods outlined on the right.
- 2. Prevent mosquitoes from breeding** around your house by eliminating sources of water they can live in. Spraying with insecticide does not eliminate "container mosquitoes," the type of mosquito that could carry Zika Virus, Dengue Fever, and Chikungunya.

Cover
Skin with
**long-sleeved shirts
and long pants.**
**The arms, legs and
heads of babies and
small children.**
**Cribs, strollers or
baby carriers with
mosquito netting.**

Use EPA-approved **insect repellents**

- Follow package label instructions.
- Do not use on babies younger than 2 months.
- Do not put on a child's hands, mouth, cut or irritated skin.
- Do not spray onto a child's face—spray repellent onto your hands and then smooth onto the child's face.
- Spray clothes and gear with an EPA-approved insect repellent like permethrin for extra protection.

Check around your home and yard to remove any standing water that is accumulating in containers.



Palm Beach County
Board of County Commissioners

Discover the Palm Beaches

Submitted By: Dick Fernandez

What are some of the most beautiful places in the Palm Beaches?

- Sail Boat Charter from Sailfish Marina - Singer Island
- Lion Country Safari - Royal Palm Beach
- Fountain Downtown Clematis Street - West Palm Beach
- Pinehurst Bike Trail - Okeehoelee Park/Pinehurst
- Sunset downtown West palm Beach
- Lady Atlantic Cruise - Inlet Delray Beach/Boca line
- Sunrise - Juno/North Palm Beach
- Surfing - Jupiter Inlet
- Girl Walking Alone - Singer Island Beach
- The Breakers - Palm Beach
- Yacht - Blue Heron Inlet
- Mizner Park - Boca Raton
- Harbor Side - Jupiter, Florida
- Flagler Museum - Palm Beach
- Kapok Tree with kid - Royal Poinciana Chapel Palm Beach
- Anne Norton Sculpture Gardens
- Kayaking - Riverbend Park, Jupiter
- Diving Sharks - Jim Abernathy Adventures off shore North Palm
- Equestrian Center - Wellington
- Golf - The Bear Trap PGA National
- International Polo Club - Wellington
- Turtle Back to Sea with Loggerhead - Juno Beach
- Concert outside - Harborside, Jupiter
- Kids at museum - Norton Museum West Palm Beach
- Kravis Center - West Palm Beach
- Lantern Festival Drums - Morikami Museum & Japanese Gardens, Delray Beach
- Loxahatchee River - Riverbend
- Stampede - Lion Country Safari
- Kite Boarding - Off of Boca
- Lantern Festival - Morikami Museum & Japanese Gardens, Delray Beach
- Jupiter Inlet with Lighthouse - Shot from Dubois

- park, Jupiter, FL
- Sunset boat Fishing - Lake Okeechobee - Pahokee / Torrey Island Belle Glade
- Girl Birdwatching - Wakodahatchee Wetlands
- Girl on Swing - Imagination station Jupiter
- Boca Resort - Boca Raton
- Sunset Harborside - Jupiter
- Green Kay Nature Center Boardwalk - Boynton Beach

The Bathtub Test

From the Internet

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in a old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No," he said. "A normal person would pull the plug. Do you want a bed near the window?"

Trivia Answers ... (continued from page 24)

- | | |
|----------------------------|-----------------------|
| 1. Miners | 7. Making Charlie Mc- |
| 2. Gregory Peck | Carthy |
| 3. Betty Grable | 8. Peter Sellers |
| 4. Roy Rogers | 9. Black mask and |
| 5. Professor Henry Higgins | silver bullet |
| 6. Fanny Brice | 10. Korean War |

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